

Gymnastics Classes

Fall 2012

16 weeks - August 20 - December 17, 2012

(No classes 9/3/2012 or 11/19-24 /2012)

Gymnastics is a great activity that develops strength, coordination, balance, flexibility and self-confidence. Sandy Springs gymnastics classes have something to offer every child. Our **youth programs provide gymnastics instruction for boys and girls** of various skill levels from **12 months to 18 years of age**. More than 150 different gymnastics classes are offered each season. **Class size** is based on a student to instructor ratio of **8 to 1**. Our facility has state of the art equipment for all ages including a brand new preschool gym designed just for children under five years opening this fall. All of our coaches are experienced professionals who undergo regular training and are USA Gymnastics Safety, CPR, First Aid and AED certified. Many of our instructors hold state, national and even Olympic titles. Sign up today for world class gymnastics instruction right here in Sandy Springs, where every participant is positively encouraged to learn skills in a safe and fun class.

Registration Opens: Current students 7/2/2012

New students 7/16/2012.

Disclaimer: *Classes and instructors offered are subject to change. In addition, classes may be changed or cancelled if the minimum class requirement is not met.*

- Make up classes are not guaranteed unless the class is canceled by the City of Sandy Springs

No change of class will be accepted after 9/17/2012

Annual Registration Fee: \$25.00/Fulton resident;
\$35.00/non-resident

www.sandyspringsga.gov/gymnastics

Call 770.730.5600 for more information

Register online at activenet10.active.com/sandyspringsga/

Wobblers -

Co-ed 12 - 18 months

Adult participation required

Location: PS Gym

Duration: 30 Minutes

Fee: \$91/\$107

Resident/Non-resident
Fulton County

Day - Monday

Time - 9:00 a.m.

Activity # - Gym1.101

Time - 2:00 p.m.

Activity # - Gym1.102

Day - Tuesday

Time - 9:00 a.m.

Activity # - Gym1.103

Instructor: Dani

Time - 2:00 p.m.

Activity # - Gym1.104

Instructor: Maria

Day - Wednesday

Time - 10:00 a.m.

Activity # - Gym1.105

Instructor: Maria

Day - Thursday

Time - 11:00 a.m.

Activity # - Gym1.106

Instructor: Amber

Day - Friday

Time - 11:00 a.m.

Activity # - Gym1.107

Instructor: Maria

Day - Saturday

Time - 10:00 a.m.

Activity # - Gym1.108

Instructor: Dani

Stepping Stones -

Co-ed 18 months - 2 Years

Adult participation required

Location: PS Gym

Duration: 45 Minutes

Fee: \$136/\$160

Resident/Non-resident
Fulton County

Day - Monday

Time - 9:00 a.m.

Activity # - Gym2.101

Time - 2:00 p.m.

Activity # - Gym2.102

Instructor: Amber

Time - 4:00 p.m.

Activity # - Gym2.103

Instructor: Maria

Day - Tuesday

Time - 9:00 a.m.

Activity # - Gym2.104

Instructor: Amber

Time - 3:00 p.m.

Activity # - Gym2.105

Time - 4:00 p.m.

Activity # - Gym2.106

Instructor: Dani

Day - Wednesday

Time - 11:00 a.m.

Activity # - Gym2.107

Instructor: Maria

Time - 2:00 p.m.

Activity # - Gym2.108

Instructor: Dani

Day - Thursday

Time - 10:00 a.m.

Activity # - Gym2.109

Instructor: Amber

Time - 3:00 p.m.

Activity # - Gym2.110

Instructor: Dani

Day - Friday

Time - 10:00 a.m.

Activity # - Gym2.111

Instructor: Dani

Time - 2:00 p.m.

Activity # - Gym2.112

Instructor: Maria

Day - Saturday

Time - 9:00 a.m.

Activity # - Gym2.113

Time - Noon

Activity # - Gym2.114

Instructor: Shannon

Tumbling Tots -

Co-ed 2 - 3 Years

Adult participation required

Location: PS Gym

Duration: 45 Minutes

Fee: \$136/\$160

Resident/Non-resident
Fulton County

Day - Monday

Time - 10:00 a.m.

Activity # - Gym3.101

Time - 3:00 p.m.

Activity # - Gym3.102

Time - 5:00 p.m.

Activity # - Gym3.103

Instructor: Dani

Day - Tuesday

Time - 10:00 a.m.

Activity # - Gym3.104

Time - 2:00 p.m.

Activity # - Gym3.105

Instructor: Dani

Day - Wednesday
Time - 9:00 a.m.
Activity # - Gym3.106
Instructor: Maria
Time - 11:00 a.m.
Activity # - Gym3.107
Instructor: Amber

Day - Thursday
Time - 9:00 a.m.
Activity # - Gym3.108
Instructor: Maria
Time - 11:00 a.m.
Activity # - Gym3.109
Instructor: Dani
Time - 2:00 p.m.
Activity # - Gym3.110
Instructor: Dani

Day - Friday
Time - 9:00 a.m.
Activity # - Gym3.111
Time - 3:00 p.m.
Activity # - Gym3.112
Instructor: Maria

Day - Saturday
Time - 9:00 a.m.
Activity # - Gym3.113
Time - 10:00 a.m.
Activity # - Gym3.114
Instructor: Amber
Time - 11:00 a.m.
Activity # - Gym3.115
Instructor: Shannon

Pre Gym I -

Co-ed 3 - 4 Years

Location: PS Gym

Duration: 45 Minutes

Fee: \$136/\$160

Day - Monday
Time - 9:00 a.m.
Activity # - Gym4.101
Instructor: Maria
Time - 10:00 a.m.
Activity # - Gym4.102
Instructor: Amber
Time - 11:00 a.m.
Activity # - Gym4.103
Time - 3:00 p.m.
Activity # - Gym4.104
Time - 5:00 p.m.
Activity # - Gym4.105
Instructor: Maria

Day - Tuesday
Time - 9:00 a.m.
Activity # - Gym4.106
Instructor: Maria
Time - 10:00 a.m.
Activity # - Gym4.107
Instructor: Amber
Time - 11:00 a.m.
Activity # - Gym4.108
Instructor: Maria
Time - 2:00 p.m.
Activity # - Gym4.109
Time - 3:00 p.m.
Activity # - Gym4.110
Instructor: Amber
Time - 4:00 p.m.
Activity # - Gym4.111
Instructor: Shannon

Day - Wednesday
Time - 9:00 a.m.
Activity # - Gym4.112
Instructor: Amber
Time - 10:00 a.m.
Activity # - Gym4.113

Time - 11:00 a.m.
Activity # - Gym4.114
Instructor: Shannon
Time - 2:00 p.m.
Activity # - Gym4.115
Instructor: Alissa

Day - Thursday
Time - 9:00 a.m.
Activity # - Gym4.116
Instructor: Amber
Time - 10:00 a.m.
Activity # - Gym4.117
Instructor: Dani
Time - 11:00 a.m.
Activity # - Gym4.118
Instructor: Maria
Time - 3:00 p.m.
Activity # - Gym4.119
Instructor: Alissa

Day - Friday
Time - 10:00 a.m.
Activity # - Gym4.120
Instructor: Maria
Time - 11:00 a.m.
Activity # - Gym4.121
Time - 2:00 p.m.
Activity # - Gym4.122
Instructor: Dani

Day - Saturday
Time - 10:00 a.m.
Activity # - Gym4.123
Instructor: Shannon
Time - 11:00 a.m.
Activity # - Gym4.124
Instructor: Maria
Time - Noon
Activity # - Gym4.125
Instructor: Dani

Pre Gym II -

Co-ed 4 - 5 Years

Location: PS Gym

Duration: 45 Minutes

Fee: \$136/\$160

Resident/Non-resident
Fulton County

Day - Monday

Time - 10:00 a.m.

Activity # - Gym5.101

Instructor: Maria

Time - 11:00 a.m.

Activity # - Gym5.102

Instructor: Amber

Time - 11:00 a.m.

Activity # - Gym5.103

Instructor: Dani

Time - 2:00 p.m.

Activity # - Gym5.104

Instructor: Maria

Time - 3:00 p.m.

Activity # - Gym5.105

Instructor: Alissa

Time - 3:00 p.m.

Activity # - Gym5.106

Instructor: Daniela

Time - 4:00 a.m.

Activity # - Gym5.107

Instructor: Amber

Day - Tuesday

Time - 10:00 a.m.

Activity # - Gym5.108

Instructor: Maria

Time - 11:00 a.m.

Activity # - Gym5.109

Instructor: Amber

Time - 11:00 a.m.

Activity # - Gym5.110

Instructor: Dani

Time - 3:00 p.m.

Activity # - Gym5.111

Instructor: Alissa

Time - 5:00 p.m.

Activity # - Gym5.112

Instructor: Amber

Day - Wednesday

Time - 9:00 a.m.

Activity # - Gym5.113

Instructor: Shannon

Time - 10:00 a.m.

Activity # - Gym5.114

Time - 2:00 p.m.

Activity # - Gym5.115

Instructor: Amber

Time - 3:00 p.m.

Activity # - Gym5.116

Instructor: Dani

Day - Thursday

Time - 9:00 a.m.

Activity # - Gym5.117

Instructor: Dani

Time - 10:00 a.m.

Activity # - Gym5.118

Instructor: Maria

Time - 3:00 p.m.

Activity # - Gym5.119

Instructor: Daniela

Day - Friday

Time - 9:00 a.m.

Activity # - Gym5.120

Instructor: Dani

Time - 2:00 p.m.

Activity # - Gym5.121

Instructor: Amber

Time - 3:00 p.m.

Activity # - Gym5.122

Instructor: Dani

Day - Saturday

Time - 9:00 a.m.

Activity # - Gym5.123

Time - 11:00 a.m.

Activity # - Gym5.124

Instructor: Dani

Time - Noon

Activity # - Gym5.125

Instructor: Amber

Day - Monday

Time - 2:00 p.m.

Activity # - Gym5.126

Instructor: Shannon

Boys - Ages 5-7

Location: Gym

Duration: 55 Minutes

Fee: \$160/\$176

Resident/Non-resident
Fulton County

Day - Tuesday

Time - 3:00 p.m.

Activity # - Gym6.101

Day - Wednesday

Time - 4:00 p.m.

Activity # - Gym6.102

Day - Saturday

Time - 10:00 a.m.

Activity # - Gym6.103

Instructor: Corey

Girls - Ages 5-7

Location: Gym

Duration: 55 Minutes

Fee: \$160/\$176

Resident/Non-resident
Fulton County

Day - Monday

Time - 3:00 p.m.

Activity # - Gym7.101

Instructor: Amber

Time - 4:00 p.m.

Activity # - Gym7.102

Instructor: Dani

Time - 4:00 p.m.

Activity # - Gym7.103

Instructor: Daniela

Time - 5:00 p.m.

Activity # - Gym7.104

Instructor: Amber

Day - Tuesday

Time - 3:00 p.m.

Activity # - Gym7.105

Instructor: Ina

Time - 3:00 p.m.

Activity # - Gym7.106

Instructor: Shannon

Time - 4:00 p.m.

Activity # - Gym7.107

Instructor: Corey

Time - 5:00 p.m.

Activity # - Gym7.108

Instructor: Dani

Time - 6:00 p.m.

Activity # - Gym7.109

Instructor: Shannon

Day - Wednesday

Time - 5:00 p.m.

Activity # - Gym7.110

Instructor: Amber

Day - Thursday

Time - 3:00 p.m.

Activity # - Gym7.111

Instructor: Gennadiy

Time - 3:00 p.m.

Activity # - Gym7.112

Instructor: Shannon

Time - 4:00 p.m.

Activity # - Gym7.113

Instructor: Daniela

Time - 4:00 p.m.

Activity # - Gym7.114

Instructor: Donna Kay

Time - 5:00 p.m.

Activity # - Gym7.115

Instructor: Dani

Time - 5:00 p.m.

Activity # - Gym7.116

Time - 6:00 p.m.

Activity # - Gym7.117

Instructor: Shannon

Day - Friday

Time - 3:00 p.m.

Activity # - Gym7.118

Instructor: Amber

Time - 4:00 p.m.

Activity # - Gym7.119

Instructor: Dani

Time - 4:00 p.m.

Activity # - Gym7.120

Time - 5:00 p.m.

Activity # - Gym7.121

Instructor: Maria

Day - Saturday

Time - 10:00 a.m.

Activity # - Gym7.122

Instructor: Maria

Time - 11:00 a.m.

Activity # - Gym7.123

Instructor: Gennadiy

Time - 9:00 a.m.

Activity # - Gym7.124

Instructor: Maria

Day - Wednesday

Time - 4:00 p.m.

Activity # - Gym7.125

Instructor: Dani

Day - Thursday

Time - 5:00 p.m.

***Duration** - 90 Minutes

Fee: \$240/\$264

Activity # - Gym7.126

Instructor: Donna Kay*

Day - Saturday

Time - Noon

Activity # - Gym7.127

Instructor: Maria

Girls - Ages 5-7

Advanced

Location: Gym

Duration: 55 Minutes

Fee: \$160/\$176

Resident/Non-resident
Fulton County

Day - Wednesday

Time - 3:00 p.m.

Activity # - Gym7.128

Instructor: Alissa

Day - Saturday

Time - 10:00 a.m.

Activity # - Gym7.129

Instructor: Ina

Boys - Ages 7+

Location: Gym

Duration: 55 Minutes

Fee: \$160/\$176

Resident/Non-resident
Fulton County

Day - Tuesday

Time - 5:00 p.m.

Activity # - Gym8.101

Instructor: Corey

Day - Wednesday

Time - 3:00 p.m.

Activity # - Gym8.102

Instructor: Alex

Day - Wednesday

Time - 7:00 p.m.

Activity # - Gym8.103

Instructor: Corey

Day - Saturday

Time - 11:00 a.m.

Activity # - Gym8.104

Instructor: Corey

Boys -

Advanced

5 years and up

Location: Gym

Duration: 55 Minutes

Fee: \$160/\$176

Resident/Non-resident
Fulton County

Day - Monday

Time - 6:30 p.m.

***Duration** - 90 Minutes

Fee: \$240/\$264

Activity # - Gym9.101

Day - Tuesday

Time - 4:00 p.m.

Activity # - Gym9.102

Day - Thursday

Time - 4:00 p.m.

Activity # - Gym9.103

Instructor: Alex*

Girls - Ages 7-9

Location: Gym

Duration: 55 Minutes

Fee: \$160/\$176

Resident/Non-resident
Fulton County

Day - Monday

Time - 5:00 p.m.

Activity # - Gym10.101

Instructor: Daniela

Day - Monday

Time - 7:00 p.m.

Activity # - Gym10.102

Instructor: Amber

Day - Tuesday

Time - 3:00 p.m.

Activity # - Gym10.103

Instructor: Gennadiy

Time - 5:00 p.m.

Activity # - Gym10.104

Instructor: Shannon

Time - 7:00 p.m.

Activity # - Gym10.105

Instructor: Corey

Day - Wednesday

Time - 3:00 p.m.

Activity # - Gym10.106

Instructor: Corey

Time - 4:00 p.m.

Activity # - Gym10.107

Instructor: Amber

Time - 6:00 p.m.

Activity # - Gym10.108

Instructor: Corey

Time - 7:00 p.m.

Activity # - Gym10.109

Instructor: Justine

Day - Thursday

Time - 4:00 p.m.

Activity # - Gym10.110

Time - 7:00 p.m.

Activity # - Gym10.111

Instructor: Shannon

Day - Friday

Time - 5:00 p.m.

Activity # - Gym10.112

Instructor: Amber

Day - Saturday

Time - 9:00 a.m.

Activity # - Gym10.113

Instructor: Corey

Girls - Ages 7+

Advanced

Location: Gym

Duration: 55 Minutes

Fee: \$160/\$176

Resident/Non-resident
Fulton County

Day - Thursday

Time - 3:00 p.m.

Activity # - Gym10.114

Instructor: Ina

Day - Thursday

Time - 5:00 p.m.

***Duration - 90 Minutes**

Fee: \$240/\$264

Activity # - Gym10.115

Instructor: Daniela*

Time - 6:30 p.m.

Activity # - Gym10.116

Instructor: Daniela

Day - Saturday

Time - Noon

Activity # - Gym10.117

Instructor: Gennadiy

Co-ed Tumbling

8 Years and Up

Location: Gym

Duration: 55 Minutes

Fee: \$160/\$176

Resident/Non-resident
Fulton County

Day - Monday

Time - 6:30 p.m.

***Duration - 90 Minutes**

Fee: \$240/\$264

Activity # - Gym11.101

Instructor: Donna Kay*

Day - Tuesday

Time - 4:00 p.m.

Activity # - Gym11.102

Instructor: Amber

Time - 6:00 p.m.

Activity # - Gym11.103

Instructor: Corey

Time - 7:00 p.m.

Activity # - Gym11.104

Instructor: Donna Kay

Day - Thursday

Time - 3:00 p.m.

Activity # - Gym11.105

Instructor: Donna Kay*

Time - 7:00 p.m.

Activity # - Gym11.106

Instructor: Dani

Day - Friday

Time - 4:00 p.m.

Activity # - Gym11.107

Instructor: Amber

Time - 5:00 p.m.

Activity # - Gym11.108

Instructor: Dani

Day - Saturday

Time - 11:00 a.m.

Activity # - Gym11.109

Instructor: Amber

Time - Noon

Activity # - Gym11.110

Instructor: Corey

Day - Wednesday

Time - 3:00 p.m.

Activity # - Gym11.111

Instructor: Amber

Time - 5:00 p.m.

Activity # - Gym11.112

Instructor: Corey

Time - 6:30 p.m.

***Duration - 90 Minutes**

Fee: \$240/\$264

Activity # - Gym11.113

Instructor: Alex*

Day - Thursday

Time - 4:00 p.m.

Activity # - Gym11.114

Instructor: Dani

Co-ed Tumbling

8 Years and Up

Location: Gym

Duration: 90 Minutes

Fee: \$240/\$264

Resident/Non-resident
Fulton County

Day - Monday

Time - 6:00 p.m.

Activity # - Gym11.115

Instructor: Daniela

Day - Tuesday

Time - 6:30 p.m.

Activity # - Gym11.116

Instructor: Alex

Girls Ages 9 +

Location: Gym

Duration: 55 Minutes

Fee: \$160/\$176

Resident/Non-resident
Fulton County

Day - Monday

Time - 6:00 p.m.

Activity # - Gym12.101

Instructor: Amber

Day - Tuesday

Time - 7:00 p.m.

Activity # - Gym12.102

Instructor: Shannon

Day - Wednesday

Time - 6:00 p.m.

Activity # - Gym12.103

Instructor: Amber

Day - Thursday

Time - 6:00 p.m.

Activity # - Gym12.104

Instructor: Dani

Co-ed Tumbling

Ages 13+

Location: Gym

Duration: 55 Minutes

Fee: \$160/\$176

Resident/Non-resident
Fulton County

Day - Wednesday

Time - 7:00 p.m.

Activity # - Gym13.101

Instructor: Amber

Day - Tuesday

Time - 7:00 p.m.

***Duration - 90 Minutes**

Fee: \$240/\$264

Activity # - Gym13.102

Instructor: Dani*

Day - Thursday

Time - 7:00 p.m.

Activity # - Gym13.103

Instructor: Donna Kay

Adult

Location: Gym

Duration: 90 Minutes

Fee: \$240/\$264

Resident/Non-resident
Fulton County

Day - Monday

Time - 8:00 p.m.

Activity # - Gym14.101

Instructor: Alex

Day - Saturday

Time - 11:00 a.m.

Activity # - Gym14.102

Instructor: Justine

Dress Code for Gymnastics Classes

For the female gymnasts leotards are recommended. Leggings or shorts may be worn on top of the leotard. Please no shoes, tights or socks as they make the equipment slippery.

All male gymnasts should wear comfortable fitting clothing that does not have any zippers or buttons. If your child is wearing athletic pants, the pants should not be long enough to drag on the ground. Please no socks as they make the equipment slippery.

Hair must be pulled back, away from the face. No jewelry, please.



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Register online at
activenet10.active.com/sandyspringsga/